

MENU Week Three



Breakfast

A selection of cereals or toast

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AM Snack

Cheese and pineapple

Cracker with spread

Apple

Breadsticks and hummus

Pear

Lunch

Chicken margherita with rice and peas

beef chilli with jacket potato

Pork and leek casserole with mash and brussels

Fish fingers, sweetcorn and wedges

Vegan butternut squash macaroni



Vegetarian

Quorn fillet margherita with rice and peas

Vegetarian chilli with jacket potato

Vegetable and leek casserole with mash and brussels

Vegetable fingers, sweetcorn and wedges

vegan butternut squash and macaroni

Pudding

Banana

Banana bread

Mixed berry crumble

Blueberries

Natural yoghurt



PM Snack

Mixed berries

Satsuma

Teacakes

Banana

Oatcake

Tea

Pitta pockets with vegetable sticks

Macaroni cheese with broccoli and garlic bread

Cheese topped jacket potato with chargrilled vegetables

Vegetable paella

Toasted panini and vegetable sticks



Pudding

Fruit jelly

Natural yoghurt with fruit compote

Banana

Ginger cake

Chocolate chip shortbread